

Below are the **SEPTEMBER** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

IMPORTANT NEWS FROM HEALTHQUEST



Flu Season is Rapidly Approaching - 2016 Flu Clinics Kick Off TODAY!!

All Active employees, spouses, dependents over 18 years of age and retirees who are covered under Plans A or C of the State Employee Health Plan (SEHP) are eligible for a flu shot at no cost. Remember to take your CVS Caremark card to the appointment.

For more Information go to: <http://www.kdheks.gov/hcf/sehp/2014FluShotClinicInformation.htm>

To schedule an appointment go to: www.occuvax.com, in the box labeled "Schedule My Appointment" enter the **Company ID "Kansas" and Password "Kansas"**

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TIP

Choose snacks with **protein** and **healthy carbohydrates** for post-workout nutrition (e.g., Greek yogurt with fresh fruit or carrots with hummus).

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MAKE A GREAT PLATE.

Get energy-sustaining fiber from whole grains and fruit.

Homemade Energy Bars

INGREDIENTS	
2 small ripe bananas (about 1 cup)	1 cup rolled oats
1 cup unsalted sunflower seeds	¼ cup unsweetened shredded coconut
1 tsp ground cinnamon	½ cup dried raisins, apricots, dates or a combination

DIRECTIONS

Preheat oven to 350°F. Line 9"x13" baking dish with parchment paper. In large bowl, mash bananas until smooth; add sunflower seeds, cinnamon, oats, coconut and dried fruit. Stir until thoroughly combined. Spoon mixture into prepared baking dish. Press down until mixture is compact and even. Bake 25-30 minutes until firm and lightly golden along the edges. Let cool and slice into bars.

Makes 16 servings. Each: 86 calories • 2.5g protein • 5g fat • 9g carb • 4g fiber • 1mg sodium

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2017 Open Enrollment Meetings Begin September 19th Across the State!

The Active Employee Open Enrollment meetings will begin the week of September 19th. Webinars will also be held during October for those employees not attending an onsite Open Enrollment meeting to learn about the Plan offerings for 2017. The meetings will cover the State Employee Health Plan changes coming for Plan Year 2017.

Open Enrollment runs the month of October. The last day to make changes to your 2017 benefits is October 31st, 2016.

Click <http://www.kdheks.gov/hcf/sehp/PY2017-Info.htm> for a full listing of onsite meetings and webinars.



Healthy Trails Adventure Day – October 1st, 2016

Blue Cross and Blue Shield of Kansas, Kansas Department of Wildlife, Parks & Tourism partner to offer Healthy Trails Adventure Day with FREE admission to all 26 Kansas State Parks!

Free State Park Day Encourages Healthy Outdoor Recreation

When you get your body moving outdoors, it's beneficial for your health and well-being. A great way to enjoy healthy fresh-air exercise is to take advantage of the many beautiful trails at Kansas State Parks. Hiking, biking, kayaking and horse riding on state park trails can help make you happier, add to family memories, promote a healthy body and even help you live longer.

Kansas State Parks include more than 500 miles of trails, 32,200 acres of land, some 280 miles of roads, 10,000 campsites that include utility hookups and cabins, and access to more than 130,000 surface-acres of water.

For more information about *Healthy Trails Adventure Day*, including how to find a state park near you and how to share your experience via the campaign's social media channels (#HealthyAdventure), go to bcbsks.com/HealthyAdventure.

Visit KSOuthdoors.com/State-Parks to learn more about healthy outdoor recreation opportunities at your Kansas State Parks.

The Final Wellness Challenge this Year – “The Great Outdoors” October

“The Great Outdoors” is a 4 week tiered physical activity challenge coming in October – with focus on using parks and getting outdoors for your activity. The challenge runs October 3rd through October 28th. Earn credits by exercising, exercising outdoors, and exercising at a park!

Have you Earned your HealthQuest Premium Incentive Discount?

Time is running out! The deadline is **November 15th at 11:00PM.**

1. Obtain your Biometric Values (Glucose, Cholesterol, Triglycerides)
2. Complete the **REQUIRED** Health Assessment Questionnaire
3. Earn 30 total credits.

Click <http://www.kdheks.gov/hcf/healthquest/trackcredits.htm> for how to check your discount status.

SUGAR-FREE SMILES LAST LONGER

Sugary treats may taste great for a few seconds, but they can cause cavities that last forever. By avoiding sugar, and by brushing and flossing right after meals and snacks, you can help prevent cavities from ever starting in the first place. Soda pop, candies, cakes, cookies, pies and even fruit drinks can all create sticky plaque on your teeth and gums that lead to disease.

You Don't Need Sugar to be Sweet

Great smiles are easy to maintain, but hard to regain. Besides avoiding sugar, here are some tips for keeping your oral health the best it can be:

- Eat a balanced diet with plenty of fruits, vegetables, whole grains, and low-fat dairy products. Keep foods high in sugar or starch to a minimum, and drink plenty of water every day.
- Brush gently at least twice a day, with special attention to the gum line. Use a soft-bristled toothbrush and fluoride toothpaste.
- Floss at least once a day, but be gentle with your gums and don't force the floss between your teeth.
- Don't forget to brush your tongue—it cleans and refreshes your mouth and removes bacteria.
- Visit your dentist or dental hygienist regularly for professional cleanings and oral exams.



<https://portal.rxavingsolutions.com/#!/register> - Registration Worth 3 HQ Credits

An Ounce of Prevention is Worth a Pound of Cure

Prevention is the best medicine. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by taking steps to live healthier lives. Health conditions such as high blood pressure and high cholesterol can be noticeably improved by making healthy lifestyle modifications, such as diet and exercise. In some cases, these healthy changes may reduce the need for prescription medications. Also, staying up to date on vaccinations can significantly reduce or even eliminate your chances of getting serious illnesses, and the need to take additional prescriptions. This is important to keep in mind, with flu season right around the corner, as well as school starting. The majority of insurance companies cover vaccinations, diagnostic tests, lab work, and yearly physical exams



at no additional cost to the patient. Talk with your doctor about what healthy lifestyle changes you can make to potentially reduce your need for prescription medications. It is important for patients to be active participants in managing their health.

References

1. <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>
2. <http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935>

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Safety Corner



Medicines and drugs can be lifesavers. However, according to the Centers for Disease Control and Prevention, more than 700,000 people visit emergency rooms annually due to adverse drug events. Use caution when taking over-the-counter (OTC) or prescription medicines, and:

- Keep a list of all medicines.
- Store your medicines in a safe place away from children.
- Follow directions.
- Ask your health care provider or pharmacist about taking an OTC medicine with a prescribed medicine before taking it.
- Take medicines only as directed.
- Keep up with blood tests as recommended by your provider.

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EAP Monthly Webinar Series – Worth 1 HQ Credit – September 22nd, 2016 at 11AM

How to Receive Criticism and Make it Work for You

Receiving criticism is an important and valuable skill. To achieve success in any endeavor we must be able to tolerate critical feedback and learn from it. However, receiving criticism is difficult for most people. Upon receiving criticism we feel vulnerable and become defensive and thereby miss opportunities to benefit from feedback. This workshop will help you explore why we become defensive, deliver tips for knowing when your “hot button” has been pushed and how to accept and integrate useful criticism. The training will also instruct through examples and/or role plays.

Register at: <https://attendee.gotowebinar.com/register/8003249853780264195>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

HealthQuest Monthly Seminar – Worth 1 HQ Credit – www.kansashealthquest.com

Stay Sharp

More and more people are focusing on “brain health.” With this seminar, learn what the research says about activities to boost your brain (crosswords, apps, memory games).

To get to the seminars: Log on to www.kansashealthquest.com, click “Rewards” at the top, scroll down and click “More” under “Spend some time in the Library.”